Keys to Success

Last year, we concentrated on stress reduction and how it can affect your academic performance. This year’s initiative is going to be called Keys to Success.

Over the past couple of years we have collected a great deal of data and talked to many students about their successes and failures here at QCC.

We would like to pass these skills along during the course of the year. The first three “keys” that we have to pass on are these: 1) Attendance; 2) Asking for Help (tutoring); and, 3) Knowing Key Deadlines during the semester.

Attending / being present at every one of your class meetings is key to being successful whether the instructor uses it in his / her grading scheme or not. However, being in class is just not enough.

You must be prepared for class. Have that class’s assignments done on time and it will give you the ability to participate and ask for clarifications. So, go to class prepared.

The next key is probably the heaviest and hardest to use. Ask for Help. Asking or needing help is not surrendering your man or womanhood. Actually it is the way to “Cowboy-Up” to a difficult situation or academic area.

We at QCC are here to help you attain your academic goals; we have excellent tutoring areas here at the college, all waiting for you stop by. However, it works best if you identify that you need help early on in the semester.

The earlier you identify that you need help the better. The more time you give the tutors and instructors to help aid you with your situation, the greater and easier your success will be.

The final Key for this issue is to know the important dates during the semester.

This may sound sophomoric but, not knowing them could cost you money. One of the most important dates for the Fall 15 Semester is the Add/Drop date without penalty is September 16th.

If you drop a class after September 16th you could owe the VA the money for that class.

Remember, the school gets paid for that class after September 16th and the VA will bill you.

Life Lines

“Black care (regrets) rarely sits behind a rider whose pace is fast enough.” (Theodore Roosevelt).

This is a great quote to keep in mind when beginning any new adventure, especially a college education. It is best to leave the negativity in the past as we run to the future.

We here at QCC, especially in the Veteran Affairs Office are here to help you in your journey to the future.

We have many resources we can muster to help you over the many speed bumps you will encounter along the way.

We have access to academic support services, counseling services, as well as outside resources to help with food and housing. And, we are just a phone call or email away . . .

See above about asking for Help.

We have great academic support resources at QCC. You can receive tutoring in almost all academic areas such as math and English. Tutoring can save your semester.

The HLC Tutoring Center that will help you hone the skills that may have (Continued on page 3)

Important Phone Numbers:

- **Counseling Services**
  - 508.854.4479
  - 508.854.2092

- **Veteran Affairs**
  - 508.854.2721
**QCC FIRST CALL**

**Notes from the Director**

Welcome to all our student vets at QCC! I personally want to welcome all of you to the Veteran Affairs Office here at Quinsigamond. We are located in 125A and 220A.

We are here to help you succeed in your educational goals and help make the transition from your military life into your civilian life as smooth as possible.

Located outside Room 220A is a map of the world. This map is dedicated for our veterans who have served at various duty stations. Please stop by and place your “pin” on the map!

We hope you will attend as many events as possible. All event activities will be sent to you through your email account.

If you are not using the school’s health insurance, you must go on the Student Portal to waive that charge; otherwise, you will be billed for the insurance. If you require the insurance and want the VA to pay, you must complete an authorization card so that we can bill the VA for the insurance.

We can only certify for required classes!

No on-line remedial classes will be certified. Any remedial classes (those classes below the 100 level) must be taken on campus.

The VA will NOT pay for non-punitive grades.

Remember adding or dropping classes affects your benefits. Please notify this office when dropping classes so that no overpayments occur.

VA pre-registration forms must be completed every semester. As soon as you register for classes, complete a pre-registration form and return it to our office.

Please visit the Student Portal for a variety of information. Also we now have a “Facebook” page—take a look at it and “like” us!

Be sure to look at the Veteran’s bulletin board located in the Administration Building outside room 152A (Registration Office).

All vets should complete a financial aid application even if the VA is covering your bill completely. Who knows—you might be entitled to some “free” money. Visit www.fafsa.gov and complete a 2015-2016 FAFSA.

Welcome to QCC! We are proud of your service and proud that you have chosen QCC for your education!

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**Life Lines Continued**

grown rusty during your years of service.

We also have counseling services available both at the college and through WellConnect where you can get help 24-7 by phone or on the internet.

The phone numbers for the on campus counseling are 508-854-4479 or 508-854-4233. The toll free number for the WellConnect services is 800.326.6142.

We also have connections to veteran services in the greater community of Worcester. , we are just a phone call away: 508.854.2720

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**Our September Meeting will be on the 24th @ 2:30 in Room 123A.**
QCC FIRST CALL

Notes from the Coordinator

One of the many tenants that was instilled in me throughout my military career was the idea that we need to cooperate to graduate. This aphorism holds true here at QCC. We, the veterans of QCC, have served our country honorably for almost six decades. We have students who have served in the jungles of Viet Nam to those who are still serving with the Reserves and National Guard. We have survived by relying on our buddies and we must continue to do so in our new endeavors at QCC. This year we will be concentrating on the

“Keys to Success.” And, there are a few things that you can do to help yourself here at QCC and Making Connections is most important. Sometimes it is hard for us to step outside ourselves and make new connections because of where we have been, but we have an excellent Veterans Club here on campus where you can find a home with like-minded people.

Come join us and we will Cooperate and Graduate.

Verte

Veteran’s Club

The Veteran’s Club is looking forward to the Fall 2015 semester. The first club meeting to be held in the Fall will be held on Sept. 24th in room 123A at 2:30 pm. We are planning some fund raising events such as selling Hebert Candy Bars because this was a great success netting us $200.00 during the Spring Semester.

If you have any suggestions for fund raising opportunities please do not hesitate to bring them forward.

Community service is one of the hallmarks of our club and we are planning some great activities that will be fun and fulfill that commitment. Also, we will be planning other fun activities during the Fall Semester.

We will be holding elections for club officers for the 2015 – 2016 academic year.

Dates to Remember

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Sept. 7th</td>
<td>Labor Day</td>
<td>Holiday</td>
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<tr>
<td>Sept. 8th</td>
<td>All College Day</td>
<td>No Classes</td>
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<tr>
<td>Sept. 9th</td>
<td>Classes Begin</td>
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<tr>
<td>Sept. 16th</td>
<td>End Add / Drop</td>
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<tr>
<td>Oct. 12th</td>
<td>Columbus Day</td>
<td>No Classes</td>
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<tr>
<td>Nov. 11th</td>
<td>Veterans’ Day</td>
<td>No Classes</td>
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<td>Nov. 26—29</td>
<td>Thanksgiving Recess</td>
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<td>Dec. 22nd</td>
<td>Semester Ends</td>
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We will need a: President, Vice-President, Treasurer., and Secretary. We will hold this election in late September or early October.

This is a great opportunity to get involved and to pad your resume.

The outgoing officers will mentor the new officers during the remainder of the semester so they won’t be stuck in a lurch.

If you are interested in holding one of these positions please be ready to submit a brief statement about who you are and why you would be good for the office.

** If you have any ideas for fundraising or just any other suggestions contact us at: veteransclub@gcc.mass.edu
Focused, hard work is the real key to success. Keep your eyes on the goal, and just keep taking the next step towards completing it...

John Carmack

QCC Veteran Affairs
Director: Paula Ogden
Room 220A
Coordinator: John McHugh
Room 220A
Clerical: Seth Mix
Room 125A
Tel: 508.854.2721
E-mail: veteranaffairs@qcc.mass.edu

Veteran Community Connections:
• Wounded Warrior Project – www.woundedwarriorproject.org
• Team RWB – www.Teamrwb.org
• Team Rubicon – www.teamrubiconusa.org

Sports and Recreation:
• YMCA Welcome Home Program (617) 241-8400
• Wounded Veterans’ Sailing Program (617)720-0049
• Community Rowing, Inc. (617)779-8267
• Project Healing Waters Fly Fishing- newengland@projecthealingwaters.org
• VA New England Adaptive Sports – (774)826-1955 jenny.mclaughlin@va.gov

Family Friendly:
• Home Base Program Adventure Series – www.adverseries.hombase.org
• Kieve Veterans Camp – www.kieve.org/veterans
• Project New Hope – www.projectnewhopeMA.org

Holistic Health:
• Veteran’s Acupuncture Care Metrowest – www.vacmetrowest.com
• Yoga Warriors International – www.yogawarriors.com
• yogaHOPE – www.yogahope.org

Join us on Facebook

The HLC Tutoring Center:
HLC, Room 208
Office Hours: Monday - Thursday:
8:00 am-9:00 pm
Friday:
8:00 am-4:00 pm
Saturday:
9:00 am-3:00 pm
Phone Number:
508-854-7458
cscinfo@qcc.mass.edu